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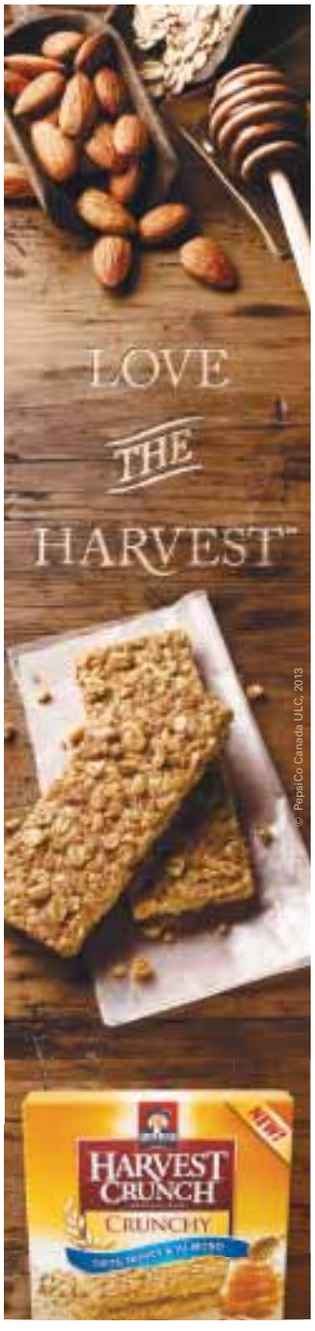
U.S. abortion doc found guilty

Convicted of first-degree murder after killing live babies, doctor could face death penalty PAGE 8

CHOOSE WISELY: GRASSHOPPER

THE UN SAYS INSECTS LIKE ANTS, BEETLES AND GRASSHOPPERS DO A BODY, AND WORLD, A LOT OF GOOD PAGE 5



From little beauty on the Prairie to the world stage

Camille Munro, the new Miss World Canada, arrives at the Regina airport on Monday with head, and crown, held high. She will compete for the world title in September. ALYSSA MCDONALD/METRO

Miss World Canada. Camille Munro will advocate for young women throughout the coming year

ALYSSA MCDONALD
Metro in Regina

Camille Munro walked off a plane at Regina International Airport wearing a crown, sash and huge grin.

Munro was returning from Vancouver, where she had just been crowned Miss World Canada — a title not worn in Saskatchewan since 1963.

"I'm really proud to bring (the crown) back to Saskatchewan.... I am really happy that it's here, and I can share it with the rest of Canada and maybe they will learn more about what we have to offer here," said Munro, who recently graduated from the University of Regina, where she studied human justice.

As the national pageant winner, the 22-year-old beauty queen will act as an ambassador of Canada and focus on humanitarian efforts — her full-time job for the next year.

She will also travel to Indonesia to compete in the Miss World pageant on Sept. 28, and will be there four weeks in advance to prepare.

Representin'

"I'm really proud to bring (the crown) back to Saskatchewan."

Camille Munro, the first Saskatchewan girl to win the crown since 1963

"We will step up our game because instead of competing against 35 beautiful women in Canada, we will now be competing against 130 countries. This is huge," said her mother Sharon-Ann Brown, who manages her daughter's business affairs.

Munro, a dance instructor, was able to wow judges at the May 8 and 9 Canada competition, where she answered interview questions and showed off her dance talent. She also showed her style in a bathing suit, an evening gown and a traditional outfit, which reflected her Jamaican heritage.

Since joining the competition, her message has been on improving the lives of young women.

"There are some (local) charities that I work with and I wish to continue working with … but then globally there are a lot of organizations that you may not have otherwise been able to get involved with," said Munro.

"So it's important to remember that side of (the pageant) as well."

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Public transit is expected to get a lot smarter with updated buses

Clever commute. City officials say smart transit will benefit both riders and operators

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Saskatoon Public Transit is set to become a lot smarter.

On Monday morning, the city's administration and finance committee recommended city council award Trapeze Software Systems Inc. a contract to install an Intelligent Transportation System (ITS) on the city's fleet of buses.

Enabling GPS tracking and monitoring, ITS is already installed on 29 buses as part of a pilot project going back to June 2008, and now the city will pay Trapeze Software Systems Inc. more than $1.74 million to equip the rest of the city's 120 buses.

Jeff Jorgenson, general manager of the city's utility services department, said the implementation would benefit both riders and operators.

"The number one benefit to riders is they will be able to see where their bus is," said Jorgenson. "Once they're on the bus, they'll also be able to get messages (as) they'll be a message board on the inside of all the buses."

He also noted the new ITS system will help those with vision impairments reach their destination as the buses will be able to detect major stops and annunciate them to riders.

Despite the fact there was a delay implementing the original pilot program, Jorgenson said Saskatoon is well ahead of its municipal counterparts.

"By the time the vendor was chosen and the system was ultimately installed on those 29 buses, it was a lot longer than anybody had anticipated, but were still ahead of a lot of other properties," he said.

The city's administration and finance committee has recommended the city expand its Intelligent Transportation System to another 120 buses. The city implemented the ITS as a pilot project on 29 buses in 2008 and they expect the entire fleet to be equipped within the year. MORGAN MODJESKI/METRO

Omnibus labour law may hurt workers: Union

Labour Minister Don Morgan
JEFF MACKEY/METRO

The Saskatchewan government has passed a labour act melding 12 pieces of legislation into one omnibus law that allows for more flexible work hours, shortens the qualifying time for parental leave and ensures disabled people can't be paid less than minimum wage.

But the Saskatchewan Federation of Labour says it's rife with loose ends, waters down current labour standards and undermines bargaining rights.

The new Saskatchewan Employment Act allows for people to work either five eight-hour days a week or four 10-hour days a week, lowers the qualifying period for maternity, parental and adoption leave to 13 weeks from 20 weeks and says people with disabilities can't be paid a lower minimum wage.

"The significant thing for people that are working is the consolidation of all the pieces of legislation into one," said Labour Minister Don Morgan.

"The thing that I'd say to workers right now is let's put the rhetoric down and let's work on the regulations and get people to have an understanding of what's there."

The new act will also have regulations to index the minimum wage — meaning it will be adjusted to the cost of living.

Federation president Larry Hubich said the government "plowed ahead with this flawed legislation."

"There's hundreds of problems with the legislation," said Hubich.

For example, Hubich said it's good that the government has narrowed the definition of a supervisor.

But he said the government has also removed a provision that allowed unions and employers to agree on the scope of jobs.

THE CANADIAN PRESS

River Landing walkways

Remai Gallery construction leads to detours

The Remai Art Gallery of Saskatchewan is set to begin construction any day now, but while construction gets underway residents will see changes to some walkways around River Landing.

Detours are already marked off, helping to guide walkway users. METRO

String of incidents

Cops investigate tire slashings

On the morning of May 12, at least 28 residents woke up to the unsettling discovery their tires had been slashed.

Police are currently investigating the string of slashing incidents, which occurred in the areas of 4th Street East and Broadway and Victoria and Eastlake Avenues at some point over night between May 11 and May 12. METRO

Southern Prairie Railway hits tracks

All aboard! The little train that could lures young, nonagenarians

The Southern Prairie Railway is about to hit the tracks for its second year of tours in Saskatchewan. The refurbished 1922 passenger coach runs out of Ogema, about 120 kilometres south of Regina, and passengers are lining up.

Cheryl Generous, CEO of Southern Prairie Railway, says the train attracts people of all ages.

"We get people in their 90s that are coming and telling us the stories of when they would come to the train station when they were children and how it affected their lives. And you just see the nostalgia just coming out of them. It's a love affair," she says.

The Southern Prairie Railway chugs away on a stretch of the Red Coat Road and Rail Tracks, one of the first short line railways in Saskatchewan. The track was bought from Canadian Pacific Railway in 1999 by farmers who didn't want to lose the line when CP left.

The Southern Prairie Railway leaves Horizon, Sask., as it kicks off its second season with a run from Ogema, Sask. to Horizon on Sunday. ROY ANTAL/THE CANADIAN PRESS

Generous says there were many in Ogema who dreamed of a tourist railway.

Saskatchewan was the only province between British Columbia and Quebec without a full-sized tourist railway, she says. With great help from the community, Generous says Southern Prairie Railway was born.

It runs several different tours from May through the fall. The most frequently offered one is the Heritage Train tour, which runs west along the old CPR branch line to Horizon, Sask., and includes a tour of an old grain elevator. The tour lasts a couple of hours.

"All of them, you will see really beautiful countryside and wildlife," Generous says.

If you're travelling on the second Saturday of the month, be prepared for a holdup — literally. Tours on those days will be robbed by "guys and gals on horseback," says Generous.

"They even have a black bag that says 'loot bag' on it," she says, chuckling.

"People really like to be robbed like you would not believe."

The "loot" is actually for charity. For example, one of the four "robberies" is to raise money for juvenile diabetes and the money will go to the Canadian Diabetes Association.

Generous says if Mother Nature co-operates, there will be a Christmas train too.

THE CANADIAN PRESS

Trip down memory lane

"We get people in their 90s that are coming and telling us the stories of when they would come to the train station when they were children and how it affected their lives."

Cheryl Generous, CEO of Southern Prairie Railway

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Saskatoon airport sees passenger traffic soar

For the ninth consecutive year, the Saskatoon Airport Authority has seen record passenger traffic as more than 1.32 million passengers moved through the airport in 2012.

Numbers presented at the Saskatoon Airport Authority's (SAA) recent AGM showed Saskatoon's John G. Diefenbaker Airport saw a 6.5 per cent increase from 2011 to 2012 and an increase of 28 per cent over the last five years.

Stephen Maybury president and CEO of the SAA, said growth at the airport has been going hand-in-hand with growth in the city, noting the record-breaking passenger numbers helps make a case for larger airlines to come to Saskatoon.

"The air carriers who look to develop their business here look for the stats and those stats are associated with our growth passenger volumes as well as the business itself," said Maybury. "When you look at Saskatoon and even the surrounding region, the growth that you're seeing there, that all helps them when they're developing their business case to expand."

He explained the SAA is working to accommodate the growth, noting capital heavy investments like a $53 million terminal expansion is aimed at meeting the needs of the SAA's growing passenger traffic.

"This is the ninth consecutive year of growth so this is obviously the highest amount of passengers we've seen through this facility and of course that flows right into when you're making decisions on the supply or capacity side of the equation," said Maybury. MORGAN MODJESKI/METRO

The Saskatoon Airport Authority continues to grow: For the ninth consecutive year, the SAA has seen substantial increases in passenger traffic. FLICKR.COM: JORDAN COOPER

Just politics? American administration files morning-after-pill appeal

The Obama administration on Monday filed a last-minute appeal to delay the sale of the morning-after contraceptive pill to girls of any age without a prescription.

The appeal asked a court to postpone a federal judge's ruling that eliminated age limits on the pill while the government appeals that overall decision. U.S. District Court Judge Edward Korman has said that politics was behind efforts by Secretary of Health Kathleen Sebelius to block the unrestricted sale of the Plan B One-Step morning-after pill and generic competitors. He ordered that the pill be made available without prescription and without age restrictions. He also denied a request to postpone his ruling while the government appealed. THE ASSOCIATED PRESS

Beehives stolen

Thief knows honey industry: Cops

Kawartha Lakes police are investigating the theft of beehives from a honey producer near Lindsay, Ont., northeast of Toronto.
Eight hives worth $1,600 disappeared last week.
Police said someone familiar with the industry is likely responsible.
THE CANADIAN PRESS

Bees tend to honeycomb cells. THE ASSOCIATED PRESS

Bugs can help fight world hunger: UN food agency

Mmm yummy! A plate of insects in Laos. THOMAS CALAME/THE ASSOCIATED PRESS

Feed the world.
Certain beetles, ants, crickets and grasshoppers come close to lean red meat in protein per gram

The UN has new weapons to fight hunger, boost nutrition and reduce pollution, and they might be crawling or flying near you right now: insects.

The Food and Agriculture Organization on Monday hailed the likes of grasshoppers, ants and other members of the insect world as an underutilized food for people, livestock and pets.

A 200-page report, released at a news conference at the UN agency's Rome headquarters, says two billion people worldwide already supplement their diets with insects, which are high in protein and minerals, and have environmental benefits.

Insects are "extremely efficient" in converting feed into edible meat, the agency said. On average, they can convert two kilograms of feed into one kilo of insect mass. In comparison, cattle require eight kilos of feed to produce a kilo of meat. THE ASSOCIATED PRESS

But are they tasty?

Insect farming is "one of the many ways to address food and feed security," the UN's food and agriculture agency said.

- Currently, most edible insects are gathered in forests, and what insect farming does take place is often family-run and serves niche markets.
- Insects are rich in copper, iron, magnesium, manganese, zinc and fibre.

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Madagascar 14-Day Tour was $2099 now $1679
HIGHLIGHTS Antananarivo, Mantadia National Park, Vichy Malgache, Ranomafana, Ambalavao, Isalo National Park and Ifaty. Roundtrip Antananarivo.

Burma 12-Day Tour was $2999 now $2399
HIGHLIGHTS Yangon, Mandalay, Bagan, Inle Lake and Kalaw. Roundtrip Yangon.

Africa 18-Day Tour was $3399 now $2719
HIGHLIGHTS Cape Town, Lambert's Bay, Fish River Canyon, Etosha National Park, Windhoek, Ghanzi (Kalahari Desert), Maun, Okavango Delta, Chobe National Park and Livingstone. Travel from Cape Town to Livingstone.

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Canadian astronaut Chris Hadfield plays in the first music video from space, a cover of David Bowie's Space Oddity. CHRIS HADFIELD, NASA/THE ASSOCIATED PRESS

Singing spaceman back on terra firma

Touchdown. Astronaut Chris Hadfield puts out first music video made in space prior to return

Astronaut Chris Hadfield returned to Earth Monday night after a five-month mission at the International Space Station that saw him become the first Canadian to command the orbiting laboratory.

The 53-year-old touched down in Kazakhstan on a Russian Soyuz capsule, which was also carrying cosmonaut Roman Romanenko and NASA astronaut Tom Marshburn — the same pair Hadfield blasted off with on Dec. 19, 2012.

The journey was Hadfield's first return space flight inside the cramped Russian space capsule. The craft tore into the atmosphere before a parachute opened, slowing its descent until it hit the ground at 8:31 p.m. Saskatchewan time.

Rescue teams moved quickly to help the crew in their bulky spacesuits get out through the narrow exit hatch. They were then put into reclining chairs to start adjusting to Earth's gravity.

The three astronauts smiled as they chatted with space agency officials and doctors. They then made quick phone calls to family members and friends.

In a statement issued after the landing, Prime Minister Stephen Harper said the astronaut has done an "absolutely remarkable job.... His highly effective use of social media has brought the miracle of space travel home to ... the entire world."

During his stay in space, Hadfield became a bit of an extraplanetary star. He tweeted photos, talked to schoolchildren, strummed his guitar and provided videos about daily life on the station.

In a high-flying first, Hadfield said his farewell to the station with a music video: his own custom version of David Bowie's Space Oddity.

It's believed to be the first music video made in space, according to NASA.

While Hadfield will be remembered most for the photography and music, his main task was performing experiments, examining changes to the spine, bone density and nutrition in space.

This trip is, in a sense, the end of an era for the Canadian space program. Now that Hadfield has landed, it will be at least three years before the next Canadian visits the space station. THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Online

A bitter-tweet goodbye

By the numbers

850K Chris Hadfield has more than 850,000 Twitter followers.

5,330 In 1992, Hadfield was selected to become one of four new Canadian astronauts from a field of 5,330 applicants.

100 Hadfield was involved in more than 100 science experiments since he arrived on Dec. 19.

5 On March 13, Hadfield became the first Canadian to command the space station during the last part of his five-month stay.

Rehtaeh Parsons. Goals, methods set for review of school board's actions

The panellists reviewing how the Halifax Regional School Board handled the Rehtaeh Parsons case said they will not "name names" but hope to make policy recommendations to "prevent something like this from ever happening again."

Panellists Debra Pepler and Penny Milton released the interim report Monday, which outlines their methods and goals for the review.

Parsons, 17, took her own life in early April, two years after she was allegedly gangraped and then bullied over a photo of the incident.

Milton said the panel will attempt to answer 10 questions related to policies, training and guidelines respecting bullying, cyberbullying and sexual violence.

In order for people to be as open as possible, all interviews will be anonymous.

"We ... (are) looking at the issues from all the different vantage points … and we want to hear the complexity of their experience," said Milton, a former CEO of the Canadian Education Association.

Rehtaeh Parsons FACEBOOK.COM

The review will not establish the facts of Parson's case because of the current police investigation.

"That's not the core of our mandate," Milton said.

HALEY RYAN/METRO IN HALIFAX

Depression. Doctors told regular screening may do more harm than good

Family doctors are being advised against routine screening for depression among patients who have an average risk of the mental health disorder or no apparent symptoms.

The Canadian Task Force on Preventive Health Care issued the updated guideline Monday, saying there is little evidence in the medical literature to support routine screening of all patients and suggesting it could do harm in some cases.

Dr. Michel Joffres, chair of the task force's depression-guideline working group, said mass screening could lead to patients feeling stigmatized or labelled, and some being misdiagnosed and unnecessarily treated. THE CANADIAN PRESS

Benefit not proven

"The task force places a high value on clear evidence — and we don't have it."

Dr. Michel Joffres of the Canadian Task Force on Preventive Health Care and professor of health sciences at Simon Fraser University

Beheaded, ate victim

Greyhound killer set for more liberty

A man who beheaded and cannibalized a man on a Greyhound bus in Manitoba is likely to get more privileges soon — something his victim's mother says should never happen.

Vince Li, 45, has stopped having hallucinations, has been a model patient and is ready for more escorted passes into the community, his psychiatrist said Monday. THE CANADIAN PRESS

Immune to antibiotics

Rate of superbugs 'substantial': Study

About one in 12 adults in hospitals across Canada are either carrying or infected with a superbug, the first national survey on the prevalence of antibiotic-resistant organisms has found.

Canada has a lower prevalence of cases than the U.S., but the rates exceed those in such countries as Sweden and Denmark. THE CANADIAN PRESS

Inventive new hackspace launched in London

Where science meets hedonism. U.K. hub fostering a new era of mad scientists

KIERON MONKS
Metro World News in London

Red buttons flash before me. The oxygen levels are falling sharply and smoke floods the cockpit. "WARNING! Your pilot is drunk," the PA system announces. Moments later the craft swings out of control and we are finished.

Rather than floating in the Atlantic Ocean, we emerge into the backyard of a warehouse in central London, surrounded by half-built machines and imported beer. The spaceship simulator I just crashed is one of the star attractions at the launch of London's new hackspace, where innovation meets intoxication.

There are more than 1,000 hackspaces in the world, bringing together tech-minded people in community hubs from Iraq to Brazil, and this new arrival is believed to be the largest yet, with more than 700 paying membership fees. The launch party hopes to draw in many more and offers a diverse menu.

Deep underground, we visit the bio-hack lab, where genes are spliced and DNA is tested. "It will be the first completely public laboratory. You can have your meal tested for horsemeat," says hackspace trustee Mark Steward.

Down the corridor are the metal work labs, the 3D printers and a row of drills. Doors open at the swipe of hacked London travelcards, while smart readers on the wall show Internet connectivity and energy consumption. Food hacking offers liquid-nitrogen ice cream — slightly thicker than normal — and experimental cocktails.

"Drunk pilot" and ex-navy robotics expert Chris Paton prepares to launch the spaceship. KIERON MONKS/METRO WORLD NEWS

"It's the old meaning of hacking, which is building and creating," member and programmer Dave Ingram says. "There is very little 'cracking' — breaking into security systems — although we do workshops to learn how the systems work."

The space operates as a non-profit company, entirely owned and funded by its members. "It's a co-operative and you don't see those in London now," says founder Russ Garrett.

Hacking all over the world

A robot at the launch SUPPLIED

- **Noisebridge (San Francisco).** Award-winning space led by legendary hacker Mitch Altman. Noisebridge has launched its own space-exploration program.
- **Casa de Cultura Digital (Sao Paulo, Brazil).** Italian villa hosts underground media, technicians and popular arts festivals. Famous for supporting transparency initiatives and investigative projects.
- **c-base (Berlin, Germany).** The first hack space, launched in 1995. The Pirate Party was formed here, as well as leading hacker network the Chaos Computer Club.
- **Fikra space (Baghdad, Iraq).** Crowd-funded "idea space" opened in 2012 — the first of its kind in the war-torn nation.

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"Number one job site" based on six-month average online job postings for period ending March 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.

Airport arrest

Pressure cooker was for lamb, nephew says

The nephew of a Saudi man arrested at Detroit Metropolitan Airport says the case is a misunderstanding, and that his uncle was bringing him a pressure cooker so he could make lamb.

Nasser Almarzooq told The Associated Press on Monday that he'd asked his uncle, Hussain Al Khawahir, to bring him a pressure cooker because the ones he bought in the U.S. didn't work.

Two pressure cookers were used in last month's Boston Marathon bombings. THE ASSOCIATED PRESS

'Are you human?': Abortion doctor found guilty of murder

Dr. Kermit Gosnell, pictured here in a March 2010 photo, was found guilty on Monday of killing three infants born alive during late-term abortions at his Philadelphia clinic. THE ASSOCIATED PRESS FILE

House of horrors. Dr. Kermit Gosnell may face death penalty

A Philadelphia abortion doctor was found guilty Monday of first-degree murder and could face execution in the deaths of three babies who authorities say were delivered alive and then killed with scissors at his grimy clinic, in a case that became a flashpoint in America's debate over abortion.

Dr. Kermit Gosnell, 72, was also found guilty of involuntary manslaughter in the drug-overdose death of a patient who had undergone an abortion.

He was cleared in the death of a fourth baby, who prosecutors say let out a soft whimper before he snipped its neck. The jury will return May 21 to hear evidence on whether Gosnell should get the death penalty.

Former clinic employees testified that Gosnell routinely performed illegal late-term abortions past Pennsylvania's 24-week limit, that he delivered babies who were still moving, whimpering or breathing, and that he and his assistants "snipped" the newborns' spines, as he referred to it.

"Are you human?" prosecutor Ed Cameron snarled during closing arguments as Gosnell sat calmly at the defence table. "To med these women up and stick knives in the backs of babies?"

The grisly details came out more than two years ago during an investigation of prescription drug trafficking at Gosnell's clinic in an impoverished section of west Philadelphia. THE ASSOCIATED PRESS

Grisly details

"He created an assembly line with no regard for these women whatsoever."

Prosecutor Ed Cameron, on abortion doctor Kermit Gosnell during the trial's closing arguments.

Colorado shootings. Holmes asks for insanity plea

The suspect in the deadly Colorado cinema shootings asked a judge Monday to enter a plea of not guilty by reason of insanity, a move that is widely seen as James Holmes' best hope of avoiding the death penalty.

Holmes is charged with murder and attempted murder in the July 20 attack in Aurora that killed 12 and injured 70.

Attorney Daniel King made the request in court, saying attorneys now have a diagnosis for James Holmes. He didn't specify what it was.

The judge was expected to decide whether to accept a new plea sometime before a May 31 hearing. THE ASSOCIATED PRESS

Life and death

The insanity plea carries risks for both sides.

- Holmes will have to submit to a mental evaluation by state-employed doctors, and prosecutors can use findings against him. If acquitted, Holmes would be committed to the state mental hospital indefinitely.

Mother's Day shooting. Police look to witnesses to help identify gunman

A medical student who witnessed the shooting that wounded 19 people during a Mother's Day parade in New Orleans said Monday the gunman appeared to be firing in a controlled manner, but it wasn't clear if he was trying to hit specific people.

Police released a grainy surveillance video that shows the crowd suddenly scattering in all directions, with some falling to the ground after the shooting on Sunday. They appear to be running from a man in a white T-shirt and dark pants who turns and runs out of the picture. The image isn't clear, but police say they hope someone will recognize him and notify investigators. Investigators are offering a $10,000 reward.

Medical student Jarrat Pytell said he was walking with friends near the parade route when the crowd suddenly began to break up.

"I saw the guy on the corner, his arm extended, firing into the crowd," Pytell said Monday.

"He was obviously pointing in a specific direction— he wasn't swinging the gun wildly," Pytell said.

Pytell said he wouldn't recognize the gunman's face but that his attire matched the images released by police.

Three people remained in critical condition Monday. Authorities said it appeared that nobody suffered life-threatening wounds and most had been discharged from the hospital. Ten men, seven women and two 10-year-old children were wounded. The children suffered only graze wounds.

Pytell said he helped a woman with a serious arm fracture — he wasn't sure if it was caused by a bullet or a fall — and others, including a man who was bleeding seriously from an apparent bullet wound.

Pytell and a friend had taken refuge in a ditch when the shooting broke out, he said. The shooting was over quickly and he got only a quick look at the gunman.

Police believe more than one gun was fired in the burst of Sunday afternoon violence — the latest to flare up during a celebration this year — and they say they plan to swiftly track down those responsible. THE ASSOCIATED PRESS

Foreign aid

Ottawa to give $2 million to NGOs in Syria

Canada is contributing $2 million to help Syrian refugees who are flooding into Jordan.

The money is intended to help a number of non-governmental organizations provide humanitarian assistance for the refugees.

The money will also pay for a Canadian expert to work with UNICEF in dealing with the refugees. THE CANADIAN PRESS

Milan sex trial

Former premier should go to jail: Prosecution

Milan prosecutors have demanded a sentence of six years in jail and a lifetime ban from public office for former premier Silvio Berlusconi in his sex-for-hire trial.

Berlusconi is accused of paying for sex with an underage Moroccan teen at a lavish party he hosted while he was premier, and then trying to cover it up. THE ASSOCIATED PRESS

Cleveland abduction. City torn on whether to demolish or preserve suspect's house

An imposing privacy fence has been erected to guard the home of rape and kidnapping suspect Ariel Castro, with windows and doors boarded shut to keep people out of the place that police say was once meant only to keep people in.

Patrol cars were still parked across the entrances to the block on Monday to keep away onlookers. The fence is 10 feet (3.05 meters) tall.

The run-down house has become a two-story piece of evidence in the abduction and imprisonment case of three women, but neighbours who remain shaken by the horrors that allegedly took place inside want it torn down and erased from the landscape of Seymour Avenue.

"The girls that were in that house, when they ride by there, if they ever ride by there again, they won't have to see that, to remind them or maybe scare them," said Johnny Wright, 54, who can see the back of the house from his front door.

The house and what becomes of it will be a daily talking point for the neighbourhood as city officials deal with the irony of keeping the dreaded site of the women's imprisonment safe while neighbours almost uniformly want it torn down.

Cleveland officials are trying to keep this house — where three women were allegedly held captive — intact until the trial of the women's suspected abductor is over. TONY DEJAK/THE ASSOCIATED PRESS

The issue isn't simple.

First and foremost, the house is evidence against Castro, who investigators say kept the women in chains in a basement before eventually allowing them to live under close control upstairs. The 6-year-old daughter of one victim, Amanda Berry, was also freed; DNA tests showed Castro was her father, a dark twist on years of captivity during which Castro is also alleged to have induced multiple miscarriages in one of the women by repeatedly punching her belly.

The nondescript white house with a red-and-white tile roof sits on a street of other boarded-up houses, victims of the foreclosure crisis, which hit the city hard. The house has thousands of dollars in unpaid tax liens, which would have to be sorted out as the city attempts to control the property. County records show it was built in 1890 and updated in 1950. Forty-two years later, Castro bought it for $12,000.

Workers over the weekend began boarding up windows and doors and erecting a metal fence around the house. THE ASSOCIATED PRESS

Brazil's booming auto market rife with unsafe cars

Sao Paulo. Thousands die yearly in accidents, many of which should not have proven fatal

This 2011 photo released by Proteste, a consumer-defence group, shows a crash test on a Chevrolet Celta vehicle in Brazil. PROTESTE/THE ASSOCIATED PRESS

The cars roll endlessly off the local assembly lines of the industry's biggest automakers, more than 10,000 a day, into the eager hands of Brazil's new middle class. The shiny new Fords, Fiats, and Chevrolets tell the tale of an economy in full bloom that now boasts the fourth-largest auto market in the world.

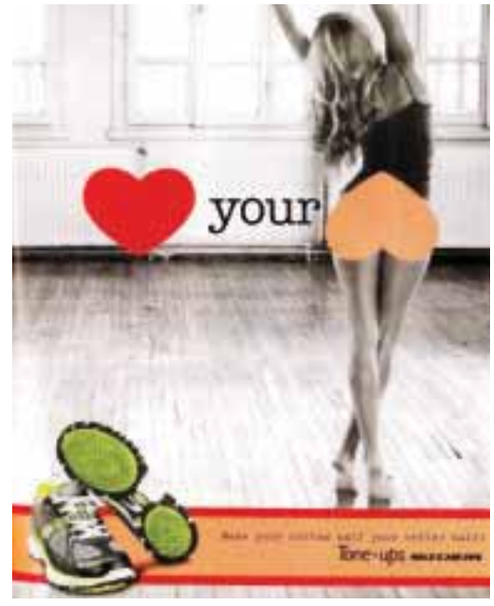
What happens once those vehicles hit the streets, however, is shaping up as a national tragedy, experts say, with thousands of Brazilians dying every year in auto accidents that in many cases shouldn't have proven fatal.

The culprits are the cars themselves, produced with weaker welds, scant safety features and inferior materials compared to similar models manufactured for U.S. and European consumers, say experts and engineers inside the industry. Four of Brazil's five bestselling cars failed their independent crash tests.

Unsafe cars, coupled with the South American nation's often dangerous driving conditions, have resulted in a Brazilian death rate from passenger car accidents that is nearly four times that of the United States, according to an Associated Press analysis of Brazilian Health Ministry data on deaths compared to the size of each country's car fleet.

In fact, the two countries are moving in opposite directions on survival rates — the U.S. recorded 40 per cent fewer fatalities from car wrecks in 2010 compared with a decade before. In Brazil, the number killed rose 72 per cent, according to the latest available data.

THE ASSOCIATED PRESS



Sketchy claims cost $40M

A federal judge in the U.S. has approved a $40-million US class-action settlement between Skechers USA Inc. and consumers who bought toning shoes after ads — such as the one pictured above — made unfounded claims that the footwear would help people lose weight and strengthen muscles. U.S. District Judge Thomas B. Russell approved the deal Monday in Louisville, Ky. The agreement involves the company's Shape-ups, Resistance Runner, Podded Sole and Tone-ups shoes. FEDERAL TRADE COMMISSION/THE ASSOCIATED PRESS

Florida

BlackBerry Live kicks off in Orlando

BlackBerry will pull out all the stops this week as the firm welcomes thousands of industry players for BlackBerry Live, its annual three-day conference. CEO Thorsten Heins will take the stage Tuesday to deliver a speech that could reveal a lower-priced version of its latest phone and some clues about whether the company plans to abandon tablet technology forever.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
98.91¢ (+0.02¢)

TSX
12,529.55 (-59.54)

OIL
$95.17 US (-87¢)

GOLD
$1,434.30 US (-$2.30)

Natural gas: $3.94 US (+3¢)
Dow Jones: 15,091.68 (-26.81)

H&M supports Bangladesh factory safety accord

Passersby are shown outside the new Oxford Circus H&M flagship store in London, England in March. The retailer has agreed to support a new workplace safety plan in Bangladesh following the collapse of a garment factory building. GETTY IMAGES FILE

Swedish fashion retailer H&M said Monday that it will sign up to a legally binding fire and building safety plan drawn up by unions in Bangladesh, following the deaths of hundreds of garment workers in a building collapse there last month.

The company described safety issues as "extremely important," saying that it supports the Accord on Fire and Building Safety in Bangladesh, initiated by IndustriALL Global Union.

"The parties will be committed to the goal of a safe and sustainable Bangladeshi Ready Made Garment industry in which no worker needs to fear fires, building collapses or other accidents that could be prevented with reasonable health and safety measures," H&M said in a press release.

Forty garment buyers, including Walmart, H&M and J.C. Penney, met with labour rights groups on April 29 in Germany to discuss how to improve safety conditions in Bangladesh, with labour groups setting Wednesday as the deadline for companies to commit to the plan. THE ASSOCIATED PRESS

Survivor renounces garment work

Reshma Begum
THE ASSOCIATED PRESS

- Reshma Begum, the 19-year-old seamstress who spent 17 days trapped in the rubble of a collapsed factory building said Monday that she will never again work in a Bangladesh garment factory.
- She was pulled in remarkably good shape from the wreckage of the eight-storey Rana Plaza building on Friday. Stunned rescue workers were drawn to the wide pocket under the rubble where she had taken refuge when they heard her banging on a pipe. The search for bodies ended Monday with a toll of 1,127 dead. THE ASSOCIATED PRESS

Thailand. Starbucks eyes further expansion in Asia

Starbucks CEO Howard Schultz said Monday the coffee chain's first stores in India and Vietnam have been received positively and it might soon be time to give Myanmar a shot too.

"Within the next couple of years, I'd say," said Schultz of plans to enter Myanmar. His visit to Bangkok this week coincides with the coffee giant's 15-year anniversary of opening in Thailand.

Starbucks opened its first Vietnam store in February and its first store in India last year. Myanmar is attracting interest from foreign companies and investors after reforms that have resulted in the European Union dropping sanctions against the country and the U.S. easing them. THE ASSOCIATED PRESS

Starbucks CEO Howard Schultz poses before a news conference in Bangkok on Monday. THE ASSOCIATED PRESS

Apocalypse soonish

Doomsaying radio network could meet its maker

The end may be near for a California evangelical radio network used by a preacher to predict the apocalypse, the Contra Costa Times has reported. Family Radio has sold its three largest radio stations, and tax records show the non-profit network saw its net assets drop to $29.2 million US by the end of 2011, down from $135 million four years earlier. THE ASSOCIATED PRESS

Adulterated drugs

Subsidiary of Indian drug maker to pay $500M fine

A subsidiary of India's largest drug company has agreed to pay $500 million US in fines and civil penalties for selling adulterated drugs and lying about tests of the medications to federal regulators, the U.S. Justice Department said Monday. Ranbaxy USA admitted it made and sold impure drugs at two manufacturing sites in India.

THE ASSOCIATED PRESS

Washington. Monsanto wins soybean court fight

The U.S. Supreme Court said Monday that an Indiana farmer violated Monsanto Co.'s patents on soybean seeds resistant to its weed-killer by growing the beans without buying new seeds from the corporation.

The justices unanimously rejected the farmer's argument that cheap soybeans he bought from a grain elevator are not covered by the Monsanto patents, even though most of them also were genetically modified to resist the company's Roundup herbicide.

While Monsanto won this case, the court refused to make a sweeping decision that would cover other self-replicating technologies like DNA molecules and nanotechnologies.

THE ASSOCIATED PRESS

A Missouri farmer holds Monsanto's Roundup Ready Soy Bean seeds in this file photo. THE ASSOCIATED PRESS FILE

YOUR SNEEZE HAS A SILVER LINING

SHE SAYS

Jessica Napier
metronews.ca

From the cherry blossom trees lining the streets of Vancouver to Ottawa's brightly coloured tulips, the country is truly in bloom. Unfortunately for some of us, the pleasures of springtime are obstructed from view as we spend most of the season with our faces buried in a handful of tissue.

Seasonal allergies aren't exactly a high-profile disease; there's no colourful ribbon campaign for hay fever and no celebrity spokesperson to offer tips on overcoming itching, watering eyes. Telling someone you have allergies usually garners the same amount of sympathy as mentioning you have a nasty paper cut. And yet, for a few weeks of the year allergies are so much more than a minor annoyance — they are a totally life-ruining experience.

Thirty per cent of Canadians test positive to one or more allergens, which means there are plenty of us loading up on a potent cocktail of antihistamines, eye drops and triple-shot lattes just to make it out the door in the morning. Record-breaking precipitation throughout the winter and high levels of carbon dioxide in the air are nurturing pollen-producing trees and plants across the country. Increased moisture and delayed springtime temperatures have caused airborne pollen counts to skyrocket, which is making this allergy season (like every one before) feel like the Worst. Year. Ever.

My annual springtime ritual involves bookmarking the Weather Network's online pollen forecast, barricading my apartment windows and waiting desperately for the heat of summer to arrive. I occasionally leave my cocoon of isolation to trek to the drugstore, where I spend obscene amounts of money on antihistamines in the hopes that maybe this year someone has developed a new formula that actually works. Over-the-counter medications are costly and usually ineffective but I won't deny that I enjoy the sedating and mildly addictive feelings of drowsiness that come with a heavy dose of nighttime medication.

But could there be a silver lining to these weeks of allergy-related anguish?

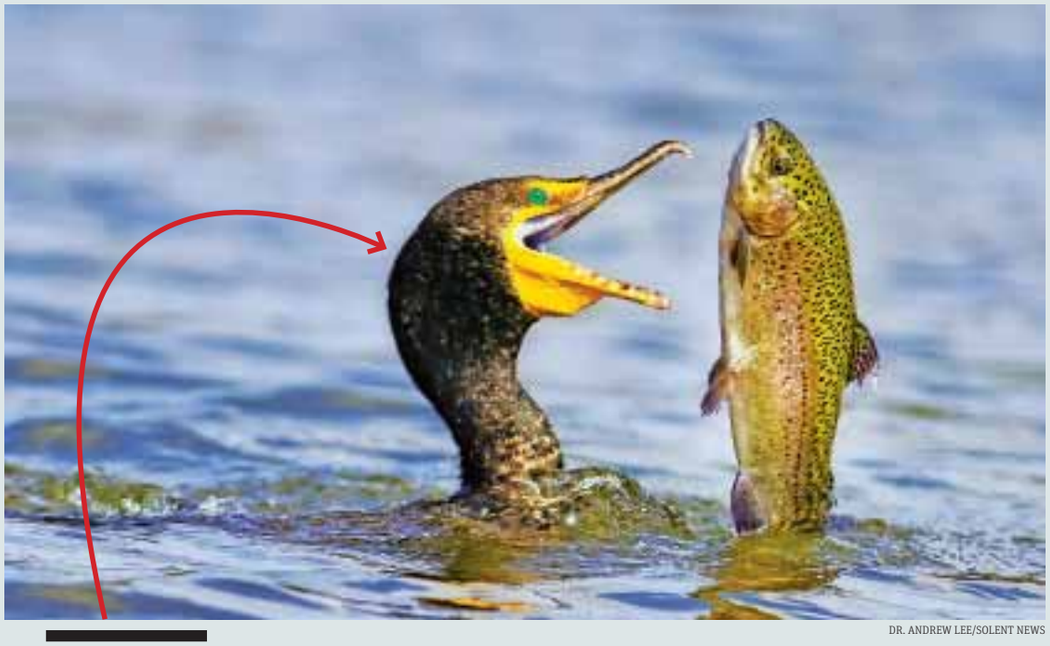
Some scientists purport that allergic reactions have evolved over the years as a way for our bodies to expel germs, carcinogens and other harmful toxins. The symptoms of typical pollen allergies — repetitious sneezing, runny noses and the unrelenting sensation of wanting to claw your eyes out — might actually be the body's way of protecting itself against potentially mutation-causing environmental contaminants. Numerous studies have linked allergy sufferers to reduced rates of various types of cancer — including ovarian, lung, skin, throat and intestinal cancers.

A sensitive body that's constantly on the defensive might not be such a bad thing. Despite our weak exteriors, those of us made miserable by seasonal allergies are actually stronger in some ways than the average person — even if a bunch of brightly coloured flowers can reduce us to a teary, snivelling mess.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

A fish's final moment



DR. ANDREW LEE/SOLENT NEWS

I'm going to bite you now

This cormorant bird does its own fishing by waiting patiently before pouncing to catch a rainbow trout in its bill.

The two animals even appear to look each other straight in the eye before the bird enjoys its lunch. Amateur photographer Andrew Lee captured this moment at El Dorado Regional Park in Long Beach, Calif.

The photographer recalls the bittersweet moment when he captured this unique image of the natural world.

"I felt a little sad for the fish, but I took comfort in knowing that I would be able to tell a story of the fish's final moment," says Lee.

"I hope that the photograph shows the viewer the daily struggle of the hunter and the hunted." METRO

Lunch

"It happened in a split second. The bird was able to grab the trout before the fish disappeared into the lake. I was surprised with how big the fish was and wondered if the bird would be able to swallow it — and it did."

Andrew Lee, pricing and portfolio manager and amateur photographer, from Irvine, Calif.

Click bait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The first round of the Stanley Cup playoffs is behind us, making this the perfect day to subscribe to some puck-talk podcasts for fearless playoff predictions that you can later mock when they turn out to be horribly wrong.

Marek vs. Wyshynski

Anchored by the absurd enthusiasm of Greg Wyshynski and the absurdly encyclopedic knowledge of Jeff Marek, and buoyed by regular features like Game Show Friday, MvsW manages to keep a metric ton of hockey talk fairly breezy.

Backhand Shelf

The audio arm of The Score's hockey blog tends to the stats-heavy side of things, which is always a fun way to confirm your own biases.

Tim And Sid

OK, so this one is cheating since it's not strictly hockey and it's not at all a podcast. But downloading this Toronto duo's afternoon radio show is easily the funniest way to prepare yourself for emergency sports conversations. Give yourself a week to acclimate to the inside jokes.

Comments

RE: Hard Drugs Offer Hope In Mental Health Crises, published May 9

Speaking as someone who works in harm reduction, calling mushrooms, LSD, and MDMA 'hard' drugs is pretty laughable.

I had a very interesting conversation with one of the foremost drug policy experts in the world on exactly this subject — the war on drugs is preventing us from pursuing therapies that offer real hope to countless people who suffer horribly from mental illness.

Cameron Reid posted to metronews.ca

I'm guessing it would be a limited use type of thing, surely no one would want to be off the planet constantly, but if they can take the good and leave the bad and come back with a new perspective on their problems then maybe that is all that is needed for people to move forward.

Why on Earth are mushrooms hard drugs? Isn't it a natural medicine that has been used for thousands of years?

Patrick Cameron posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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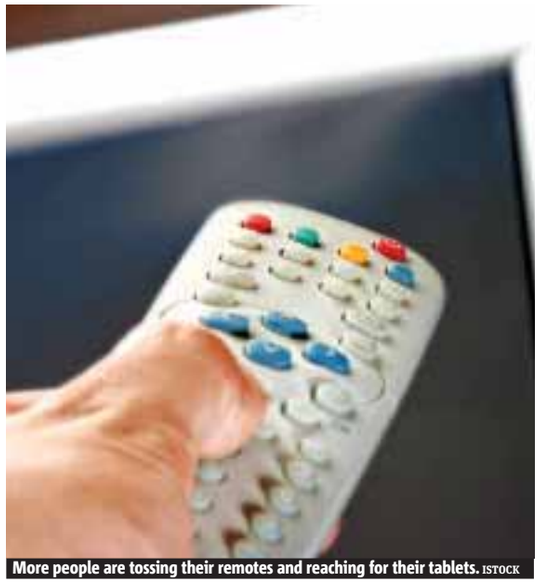
The future of television

Power to the people. You, the consumer and producer, are in the driver's seat as the entertainment industry shifts gears

ELISABETH BRAW
Metro World News



More people are tossing their remotes and reaching for their tablets. ISTOCK

Watching shows on your tablet while your TV set is collecting dust? Producing short videos yourself? You're not alone.

Entertainment is changing so rapidly that TV may soon be passé. Netflix has its own TV show (online). Amazon is planning to launch online entertainment. YouTube already has over one billion clicks per month and is rumoured to be planning the launch of a subscription service for several top channels.

"People are still watching as much TV as they used to, but they're also migrating to niche entertainment," explains Aymar Jean Christian, a professor of media, technology and society at Northwestern University in Illinois. "People like content that's geared toward them. For example, there's no TV show for gamers because they're a niche audience, but on the Internet there are show channels geared toward them."

And we're migrating to smaller devices, too. "Entertainment is expanding from laptops and tablets to phones," observes Alexander Halavais, president of the Association of Internet Researchers. "You can already watch full-length movies on your phone. But most people don't, so this has created a new genre: something between movie and still images."

The Vine and Keek apps allow users to make six-second videos by splicing together several images.

Smartphones with their built-in cameras, which can be directed toward the user more easily than cameras, will accelerate the citizen-producer boom. This me-focused, self-produced entertainment for niche audience is chipping at the near-monopoly of professionally made shows for a general public.

Notes Halavais: "People are at an event, capture the event with their camera phones and then turn the camera to themselves to show their reaction. You could say, 'Why would it be interesting to see people's reaction to an event?' but that's the same thing many of us said when Twitter was born..."

Viewers are becoming involved with TV shows, too, submitting plot ideas and even funding films, as was the case with the Veronica Mars movie. And there will always be a niche for professionally-made shows. Observes Prof. Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University: "Many of my students don't even have a TV set in their homes — they watch shows online. But TV isn't dead just because the distribution has changed."

ON WEDNESDAY METRO TALKS TO YOUTUBE BOSS ROBERT KYNCL ABOUT THE FUTURE OF ENTERTAINMENT.

Three companies to watch

These companies are pushing the boundaries of entertainment.

- **Twitch: Online gaming ESPN-style.** On the platform Twitch, more than 30 million users every month play electronic games — but they also broadcast their own games and instant message with each other. Imagine TV sports channel ESPN combined with gaming and social media. "This is really entertainment," explains co-founder Emmett Shear, 29. "And it's as much social media. On any given day, over two million users exchange chat messages."
- **Earbits: Spotify for garage bands.** Say you're a new band, you can't afford to advertise or pay for an agent. There's an app for that — Earbits, a platform for music artists. "Consumers can find new music and the industry can find customers," CEO/founder Joey Flores tells Metro. "Users share things and follow bands from the platform."
- **Vine & Keek: Top sites for social videos.** Social video is the new Twitter. Indeed, Twitter has its own social video app, Vine, and Toronto-based Keek gets 3.2 billion page views each month. "Social video is more useful than Twitter because you really get to see people's lives," Keek founder and CEO Isaac Raichyk tells Metro. "Our videos are 36 seconds for a reason: you can tell a story about yourself, and still it's short enough that people want to watch." (These vids have a name, too: keeks.)

Sports. Online streaming embraced by legit sites

Every week, millions of people enjoy live sports on their favourite screen — and don't pay a dime for it. That's because thousands of websites, often hosted in countries with a weak rule of law, illegally stream sports events. But as soon as one website is shut down, another one pops up. Now sports channel ESPN has embraced the trend, offering free streams on its website.

MWN

Netflix series. Old product, new delivery

House of Cards, Netflix's hit drama series, is streamed online, but with its traditional structure, it looks just like prime-time TV fare. This is the entertainment of the future. The show is based on consumer input. "Netflix chose Kevin Spacey for the lead role because they had surveyed their viewers and knew that he was popular," says Prof. Aymar Jean Christian, of Northwestern University.

"They monitor how we watch, when we pause a film, which episodes we watch," says Chuck Tryon, author of new book On-Demand Culture: Digital Delivery and the Future of Movies. "It has the potential of serving as a test-screening."

MWN

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Lindsay Lohan ALL PHOTOS GETTY IMAGES

Of pills and pounds: Lohan scared of the scales without meds?

Lindsay Lohan is reportedly not adjusting too well to her new digs at the Betty Ford Center, but she'll be in even bigger trouble if she doesn't stay put, according to Radar Online. Sources say Lohan is threatening to bail on the rehab facility and continue her court-ordered stint elsewhere because doctors there allegedly refused to let her take the prescription drug Adderall. "Lindsay is absolutely freaking out about the prospect of gaining weight now that Adderall has been taken away," a source says. "Lindsay has been able to eat whatever she has wanted and not gain weight for years, and she attributes this to Adderall." But a change of venue is definitely not in the cards, another sources explains. "The judge overseeing Lindsay's case has made it crystal clear that if she defies the agreement, it's jail time," the source says.

Selena Gomez and Justin Bieber

Scoop her up: Looks like Gomez is back in the game

This is getting difficult to keep track of. Apparently things are off again for on-again, off-again couple Justin Bieber and Selena Gomez — at least according to Gomez. When asked by a DJ at Boston's Kiss 108 during an interview if she's be available should a boy stop her on the street and ask her to grab some ice cream, she replied, "Yep!" She gave another "yep" when the DJ clarified, "You're completely available in every way?" Not only that, but apparently the ice cream approach is a good idea: "By the way, that would be awesome if someone asked if I wanted ice cream because that would be cool," Gomez said.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Just a single baby? Will Beyoncé be touring with bun-two in the oven?

THE WORD
Dorothy Robinson
scene@metronews.ca

Everyone! Listen up: The New York Post is citing multiple sources that Beyoncé and her husband Jay-Z are expecting their second child. Their reps are not responding to calls for clarification.

Here's why this is dubious: Beyoncé is in the middle of a giant world tour blockbuster extravaganza; millions and millions are on the line. The Mrs. Carter Show World Tour ends Aug. 5 in Brooklyn. People love Beyoncé but people shell out major bucks for tickets to see Beyoncé doing her thing and getting all Sasha Fierce on stage.

Not a pregnant Beyoncé having to sit in a chair while on stage, which is the exact opposite of Sasha Fierce. That is Sasha Convalescence.

But, of course, she could strut through it bump and all as if we haven't figured it out by now, Beyoncé exists to make us all feel terrible about ourselves.

Kiefer Sutherland

A reason to revive your cable: Jack is back

Jack Bauer is set to have another pretty terrible day, as Fox's real-time action series 24 will return next year with a limited-run, 12-episode series, 24: Live Another Day, the network announced this week. Series star Kiefer Sutherland will return as anti-terrorism agent Jack Bauer, whom he played for eight seasons until the show wrapped up in 2010. For this new, condensed version, the 12 one-hour episodes will cover another 24-hour period in Bauer's life.

"The response to 24 is unlike anything I have ever experienced as an actor before," says Sutherland. "To have the chance to reunite with the character, Jack Bauer, is like finding a lost friend. The story ideas from Howard Gordon are exciting and fresh and will not disappoint."

NED EHRBAR, MWN IN HOLLYWOOD

Jessica Simpson

Shut the ex up: Lachey's laughs not so funny to Simpson

Jessica Simpson is reportedly livid with ex-husband Nick Lachey for gay jokes he made about her dad, Joe Simpson, during a visit to Bravo's Watch What Happens Live, according to Radar Online. Lachey told host Andy Cohen, "The best thing about not having Joe Simpson anymore as a father-in-law is I don't have to play grab-ass under the table on Easter Sunday." He later clarified he was joking about Joe touching him inappropriately. "It may not be [funny] tomorrow, but it is tonight," he said. Jessica apparently agrees about the first part, at least. "Jessica was shocked and horrified that Nick said what he said," a source explains. "She's upset. Nick might have thought it was funny and he got a cheap laugh, but to Jessica it wasn't. At all."

Twitter

@rustyrockets
Uncomplicated relationship with narcissistic freeloader who's scratching himself on my belly

@MARLONWAYANS
I have a lot of fun chilling with ME. I'm a lot of fun. Some people need company... I just need me. #iloveyoume

@WhitneyCummings
You guys, "selfie" is a word now that we just use like its okay or something

Hang loose and get ripped

Fitness. Founder of The People's Bootcamp gave us a sneak peak of his new workout, based on the beach bum lifestyle, called WaveShape

MEREDITH ENGEL
Metro World News

Those surfers you see killin' it on the waves? They weren't born with that ripped bod. All of that paddling and popping up and down in the water "creates that long, lean physique," says celebrity fitness trainer Adam Rosante, the founder of The People's Bootcamp. He created a new workout called WaveShape to help you get the surfer's body of your dreams.

Rosante's workout is based in a framework he dubs "power intervals," which improve endurance. The moves are done over a series of 30 seconds, so you can focus on form, not reps. You can learn the full series (12 moves) when it launches June 1 as a free online community with video at getinwaveshape.com. Rosante gave us a sneak peak at five of the moves that'll get your body in surf shape.

How to do it

What you need to know

- **Round one.** Perform each move back to back for 30 seconds each with no rest. That's round one.
- **Keep going.** Rest 30 seconds and repeat this format twice more for a total of three rounds.
- **Be careful.** Go at your own pace.

Step 1

Leg Rippers

Stand with feet slightly wider than hip width apart. Interlace your fingers and raise your hands over your right shoulder. Brace your core, open your chest and pull your shoulders down your back. Step out to the left into a side lunge, be sure to push the hips back and keep the left knee behind the toes, as you bring your hands down diagonally across your body to the outside of your left foot. Return to centre, raising the left knee high as you explosively jump off the right foot. Land softly. Repeat on the left side for the full 30 seconds, then switch and perform the move with hands over the left shoulder, stepping out to the right.

Step 2

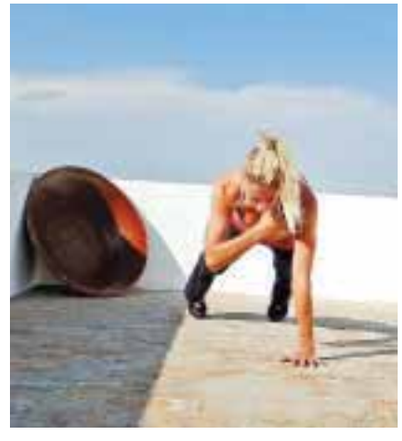
Agility Jumps

Stand with feet slightly wider than hip width apart. Brace the core as you bend the knees into a low squat, arms extended behind the back for stability. Pause only briefly at the bottom of the movement and explosively jump up and forward over an imaginary line far out in front of you. Land softly, pushing the hips back to absorb the impact, and immediately jump backward to land in the starting position. Repeat the jump, this time turning the body mid-air to land 180 degrees in the opposite direction. Once again, repeat the 180 jump to land softly back at the starting position. That's one rep. Continue repeating.

Step 3

Tap Dogs

Assume a push-up position with wrists directly under shoulders. Tap the left shoulder with right fingertips and return the hand to the floor. Tap the right shoulder with the left fingertips and return the hand to the floor. Perform a pushup. At the top of the motion, brace the core as you extend the right arm and left leg until they are parallel to the floor. Lower the arm and leg. Now extend the left arm and right leg until parallel to the floor. Lower the arm and leg. That's one rep. Repeat.



Step 4

Surfies

Begin in a squat position with your hands on the floor, wrists positioned under your shoulders. Kick your feet back to a plank position. Immediately shoot the feet forward, twisting your torso and lower half so that you land facing left. Stand tall as you open the chest and squeeze the core and glutes. Twist back down to the right to place hands back in the starting position and kick the feet back to the starting position. You should be right where you started at the top of a plank position. Repeat, this time twisting to the right. Continue alternating sides. As you perform the move, you should look like a surfer popping up on a board.

Step 5

High-Lows

Assume a push-up position with wrists directly below the shoulders. Slowly lower the left forearm to the floor, elbow directly below the shoulder, and then the right forearm. Return, one hand at a time, to the top of a push-up position. Continue lowering and raising.

Best Health

Avoid alcohol with diet pop?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Opting for a diet mixer may cut calories, but a study published recently found it may make you more drunk.

U.S. researchers had male and female participants consume one of three drinks within 10 minutes: vodka and regular citrus pop, vodka and a diet version of the pop, or a placebo drink (regular pop with no alcohol). Afterward, researchers recorded breath-alcohol concentration (BrAC) and were also given a reaction-time test, and reported their feelings of intoxication and willingness to drive.

The results?

Having the diet-pop mixer resulted in an 18 per cent higher BrAC than the regular pop mixer and alcohol. Scores on the reaction-time task were also worse, but the participants weren't aware of differences in impairment.

According to the study's author at Northern Kentucky University, the stomach treats sugar-sweetened beverages similar to food, keeping them in the stomach longer, while alcohol mixed with diet pop speeds through the digestive system faster and enters the bloodstream faster.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

A new way to approach gluten

Gluten could be giving you pain and you might not know it. ISTOCK PHOTOS

Health. Dr. Arthur Agatston, who created the South Beach Diet, thinks that gluten allergies are under-diagnosed

LINDA CLARKE
Metro World News

The gluten-free trend continues to rise, recruiting legions onto the no-wheat bandwagon. But now, it's not just people totally intolerant to gluten who are giving up the protein.

Dr. Arthur Agatston, a cardiologist who authored The South Beach Diet, has followed up with South Beach Diet Gluten Solution. The book isn't just for people diagnosed with gluten intolerance (celiac disease), he says — it's for everyone.

"I think everyone is on the gluten-sensitive spectrum to some degree," says Agatston. "I am convinced it is the most under-diagnosed medical condition of our time."

Think gluten-free

"I think everyone is on the gluten-sensitive spectrum."

Dr. Arthur Agatston
Author of The South Beach Diet Solution

Gluten is a protein found in highest concentration in wheat. Some grains like quinoa or oats have none.

Gluten can damage the small intestine, which is where nutrients from food are absorbed.

"If gluten is not properly digested, it begins to poke holes in the lining and harms the small intestine," says Agatston.

The issue isn't really gluten, he says, but that "it's in everything."

"Our bodies are inundated with it now, creating sensitivity. ... Most of us need to be gluten-aware and restrict ourselves."

Agatston says that lowering gluten intake can improve focus and energy, heal chronic skin conditions and relieve anxiety.

A beginner's guide to fasting

Diet. We're designed to cope with both feast and famine — then why are we so scared of hunger? A new diet explores the benefits of fasting a couple times a week

ROMINA McGUINNESS
life@metronews.ca

Mimi Spencer and Dr. Michael Mosley, authors of the best selling book Fast Diet, don't believe in dieting all the time.

Their weight loss technique, based on intermittent fasting (abstaining from food for short periods of time) is simple and flexible: for two, non-consecutive days a week, you will be eating just a quarter of your recommended daily calorie quota.

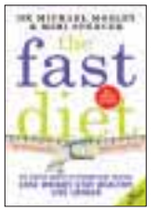
That's 500 calories for women, 600 calories for men.

"You get to have five days of normal eating, with little thought to calorie control and a slice of pie if that's what you want," Spencer tells Metro.

Don't let weight watching get you down. THINKSTOCK

Why fast?

"There's this idea that if you don't eat three to six meals a day, your blood sugar will crash. But the fact is, we're designed to go for short periods without food. It's good for us. Autophagy is an internal healing process that only occurs when we have no food in our system. So when we're eating all the time, our body is constantly on the go. (It) never gets a chance to do any repair and maintenance," Spencer said.



How will fasting help me lose weight?

"Take in fewer calories than you spend, and you're going to lose weight. It's an equation: slash your calorie intake by 75 per cent two days a week and your overall energy deficit will be fairly significant. If you normally eat 2,000 and go down to 500, you're skipping 1,500 calories a day. That's 3,000 calories a week, which translates to just under a pound of fat," Mosley said.

Can I binge eat on the five days I'm not fasting?

"This diet works because you are restricting calories. If you binge, there'll be no calorie deficit over time and you won't lose any weight. On your five days 'off' eat freely, but normally," Mosley said.

Will I not be lacking essential nutrients?

"You can't just have a doughnut. You need satiating protein and plants, which provide bulk. Load up on things like salmon, eggs, radishes, kale, lentils and chickpeas but avoid anything that's going to spike your blood sugar levels and burn quickly, like meringue and white rice. Be careful with fruit. Those with a low glycemic index, such as berries, apples and tangerines, are best. Avoid bananas and pineapples," Spencer said.

Will skipping meals force my body to cling on to calories when I do eat?

"Only when your body fat goes down to about six to seven per cent do you go into starvation mode (when your body clings on to fat). You're not suddenly going to waste away if you don't eat for four hours. What will happen is that your glycogen stores get depleted and your body goes into fat burning mode," Mosley said.

The Fast Diet recipes

Men: 600 cal

- **Breakfast 288 calories.** Two poached eggs (180 calories) on a slice of whole meal toast (31g, 78 calories); 30 raspberries. (120g, 30 calories)
- **Dinner 304 calories.** Roast salmon (252 calories) with 10 cherry tomatoes (150g, 27 calories). Bake at 200 C for about 15 to 20 minutes until the fish is cooked. Serve with 112g of green beans (25 calories)

Daily total: 592 calories

Women: 500 cal

- **Breakfast 142 calories.** Half a tub of cottage cheese (100g, 78 calories); One sliced pear (100g, 40 calories); One fresh fig (55g, 24 calories)
- **Dinner 341 calories.** Sashimi: 3 to 5 pieces salmon (100g, 180 calories) and tuna (100g, 136 calories) – served with soy sauce, wasabi and ginger; 1 tangerine (70g, 25 calories)

Daily total: 483 calories

Balance sweet mangoes with staple Mediterranean flavours

This recipe serves six. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

My favourite salads are those combining fruit, an intense cheese and a sweet vinegar dressing — like this one.

Mangoes contain an abundance of beta carotene and antioxidants, which are thought to prevent disease. You can substitute ripe pears, peaches, strawberries or blueberries (also an antioxidant) for the mango.

Nutritional analysis

155 calories, 3.3 g protein, 9.1 g fat, 1.7 g saturated fat, 15 g carbohydrates, 3.4 mg cholesterol, 210 mg sodium, 2.4 g fibre

Ingredients

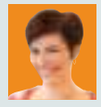
- 4 cups torn, mixed salad greens
- 1 Belgian endive, sliced
- 1 small head radicchio, torn
- 1 1/2 cups diced ripe mango
- 1/3 cup light feta cheese, crumbled
- 1/3 cup sliced black olives
- 2 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp liquid honey
- 2 tsp sesame oil
- 1 tsp minced fresh garlic

1. Toss greens, endive, radicchio, mango, cheese and olives together in a bowl.

2. Whisk vinegar, olive oil, honey, sesame oil and garlic together in a bowl. Pour over the salad and toss to coat. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Chive jive



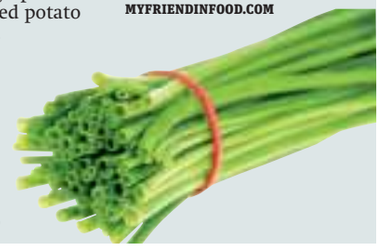
NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Even before the crocuses and bluebells in my garden, the chives started pushing through the yet to be removed dead leaves of last fall. The great part about chives is that they can be trimmed at this early stage and keep you in oniony snips right through fall.

Chives contain allicin, which can lower cholesterol and blood pressure. They are also high in antioxidants and are believed to be anti-fungal. With all that going for them, it is a shame we only sprinkle a little on a baked potato once in a while.

Try this:

- In a blender, blend one cup of extra virgin olive oil, half a cup chopped chives, juice of half a lemon, pinch of salt and a teaspoon of honey. Use as a drizzle for grilled fish or chicken.
- Mince chives and add to pancake batter to create a savoury side dish.
- Add to scrambled eggs.
- Blend into softened butter and freeze in teaspoonfuls, top a sizzling steak with a dollop.
- Chop and freeze in ice cube trays to add to dips, dishes and dressings.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Quinoa, Spinach and Shiitake Salad

1. In saucepan, bring chicken broth to a boil. Stir in quinoa and contents of seasoning pouch. Reduce heat to low, cover and simmer 15 minutes or until tender. Remove from heat; let stand, covered, for 5 minutes. Fluff with a fork.

2. In large nonstick frying pan, heat oil over medium heat; cook shallots and red pepper for 4 to 6 minutes, stirring occasionally, or until lightly golden and softened. Stir in mushrooms; cook, stirring occasionally, for 6 to 8 minutes or until mushrooms have released their juices and are starting to turn golden. Add vinegar; cook, stirring to bring up browned bits, for 1 minute. Stir in spinach; cook, stirring, for 2 minutes or just until wilted. Stir in salt and pepper. Remove from heat.

3. In large bowl, toss quinoa with warm spinach mixture. Serve sprinkled with feta. NEWS CANADA/ PC.CA

Ingredients

- 2 cups (500 ml) chicken broth
- 1 pkg (225 g) PC Organics Roasted Garlic and Fine Herbs Quinoa
- 2 tbsp (25 ml) olive oil
- 1/2 cup (125 ml) thinly sliced shallots
- 1/2 cup (125 ml) finely chopped sweet red pepper
- 6 oz (180 g) shiitake mushrooms, stems discarded and caps thinly sliced
- 3 tbsp (45 ml) red wine vinegar
- 1 pkg (142 g) baby spinach
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 1/4 cup (50 ml) crumbled feta cheese

A peppery, earthy taste of P.E.I — lobster and all

Chef Michael Smith, who hails from Fortune, P.E.I., is at the heart of Canada's lobster fishery. His salad combines the earthy heartiness of lentils, the luxurious sweetness of lobster and arugula's peppery flavour.

This recipe makes four to six servings. THE CANADIAN PRESS H/O

Ingredients

Lentils
- 1 l (4 cups) water (approx)
- 250 ml (1 cup) green lentils
- 2 ml (1/2 tsp) salt

Lobster
- 2 to 4 lobsters
- 4 l (16 cups) water
- 125 ml (1/2 cup) salt

Salad
- 15 ml (1 tbsp) canola oil
- 15 ml (1 tbsp) cider vinegar
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) Dijon mustard
- 2 ml (1/2 tsp) salt
- 4 thinly sliced green onions
- 2 ribs celery, chopped
- 1 large carrot, shredded
- 142 g (5 oz) arugula (about 1.5 l/6 cups)

1. Lentils: In a medium saucepan over medium-high heat, bring water, lentils and salt to a boil. Reduce heat to maintain a simmer and continue cooking and tasting just until lentils are tender, 15 to 20 minutes. Strain any excess water and let lentils cool to room temperature.

2. Lobster: Meanwhile, in a large pot, bring water and salt to a vigorous boil. Remove rubber bands from claws by firmly grasping and crossing claws over the body. Plunge lobsters into water and cook for 15 minutes. Let lobsters cool until you can handle them. Protect hands with a pair of gloves and remove all meat from the tail, knuckles and claws. Grasp lobster firmly by the tail and head and twist off tail. Crush in your hand to break shell, then pry apart tail. Break claw open with the back of a knife or nut cracker. Cut open knuckles.

3. In a large salad bowl, whisk together oil, vinegar, honey, mustard and salt. Toss in vegetables and cooked lentils. Just before serving, add lobster and arugula and toss everything together thoroughly, evenly distributing vinaigrette. THE CANADIAN PRESS/ CHEF MICHAEL SMITH

WEALTH OF TALENT AND PASSION

STUDY FINDS THAT BUSINESSES ARE KEEN ON HIRING SUMMER STUDENTS

ISTOCKPHOTO/THINKSTOCK

According to a recent BMO Bank of Montreal survey, half (51 per cent) of Canadian businesses are planning to hire students or recent graduates this year.

"We've seen more companies investing in employee training and development — in conjunction with creating long-term plans — which will help business owners ensure they have a supply of talented employees who are prepared to drive performance," said Steve Murphy, senior vice-president, commercial banking, BMO Bank of Montreal.

One-third (30 per cent) of employers plan to take on a paid summer student, the survey found, while one-in-five (21 per cent) plan to hire a recent graduate as a permanent employee.

Murphy added that since many students are currently looking for summer employment it's encouraging to see so many Canadian companies with a noticeable appetite to hire students or recent graduates.

"These organizations recognize that this group of Canadians bring a wealth of talent and passion into the workforce."

The survey found that business/financial (37 per cent), retail (25 per cent) and construction (22 per cent) companies are the most likely to hire a recent graduate as a paid intern.

The service and manufacturing sectors are the most likely (35 per cent) to hire a paid summer student, followed by the agricultural sector (34 per cent)

Employers in the manufacturing industry are the most likely (25 per cent) to hire a recent graduate as a permanent employee, followed by the services (24 per cent) and retail and business/financial (23 per cent) industries

"Students and recent graduates are brimming with ideas and fresh perspectives that add value for our customers and our business," said Lynn Roger, chief talent Officer, BMO Financial Group. "When they start their career at BMO — through a summer job or a more permanent role — they bring ambition and excitement, and we offer opportunities to grow in ways that are important to them, in a culture where they can truly meet their goals."

CORRECTION

In the April 9 Learning Curve, the University of Toronto photo was taken by Brandon Chu.

Walter Murray
Administrative Assistant Diploma Program

Tuition - $4450
10-Month Diploma Program
September – June

Our Diploma Program has been successfully operating for the past 48 years! The goal of our post-secondary program is to bridge the gap between education and business by placing qualified graduates into the workplace.

Our program offers:

- *A diverse list of program courses*
- *4 weeks of direct work experience*
- *Simulated office environment*

Satisfied Employers

The Walter Murray Administrative Assistant Diploma Program has consistently provided our office with highly skilled and professional graduates prepared to enter the workforce. These graduates have no problem making the transition from the school to the workplace.

It is obvious that the Walter Murray Program is indeed bridging the gap and providing skilled, qualified graduates.

Maryann Deutscher CHRP
Manager, Employee Services
K+S Potash Canada GP

Whether you are taking the steps to start down an exciting career path or you have decided to make a career change later in life – the Walter Murray Administrative Assistant Diploma Program is here to help you succeed at any stage of your life! Make the call today to find out more about our program and APPLY NOW!

Highly Recognized WM *Established in 1961*

Phone 306.683.7878
or 306.683.7850
or email: engp@spsd.sk.ca for more information!

LEARN OFFICE SKILL SETS

AT WALTER MURRAY

ISTOCKPHOTO/THINKSTOCK

In an office environment, it is typically the administrative assistant who helps keeps the office running smoothly.

Efficient administrative assistants need to be well-trained individuals, who are up-to-date on the essential skills needed for the ever-changing business world.

The Walter Murray administrative assistant program, offered by the Saskatoon Public School Division, provides individuals an opportunity to learn the skill sets required to work in any large or small office.

"Our curriculum is based on the needs of business, so it is always changing," says Pauline Eng, program co-ordinator, Walter Murray administrative assistant program.

Besides what they will learn in the classroom from the two highly qualified instructors, students will also receive practical experience through their four weeks of work placement in an office setting. Eng says this program has built strong relationships with the business community and works together with business to bridge the gap between the classroom and the office environment.

"We are very fortunate to have a supportive business community who help prepare our students," Eng says.

This program is offered from September to June, and student loans may be available for those requiring financial assistance.

For more about this program, call 306-683-7878 or email engp@spsd.sk.ca.

Two perspectives of a major milestone: high School graduation

Cap and gown. A mother and daughter share their thoughts ahead of the big day

THERESA ALBERT
AND JAMESON RATCHFORD
life@metronews.ca

Jameson Ratchford, left, with mom Theresa Albert. PROVIDED PHOTO

Mom says:

It's the anticipation of the emptiness that is the worst. Will the whole day fall apart when she is isn't home for dinner?

For 18 years the structure of our home and our lives has revolved around her. From night feeding to after school programs and daycare and, later, to dance class and dates. Whether she knew it or not, our entire process ebbed and flowed with what she needed. The communication between mom and dad needed to happen for her benefit. Now that it is just two capable adults, who will be home for dinner? Who will make it? Who will care?

Suddenly the music blaring from the bathroom during her morning shower doesn't annoy me at all. So what if I can't think enough to work? I stop and realize that this joyful noise will soon be silence.

Her backpack, boots, dishes, books, scarves and dance clothes clutter my hallway. I bend to pick them up lovingly now, not resentfully.

I can pass by her room and look at the teen mess and smell the waft of one too many hair, face and body products and not feel like gagging. I choke back the tears instead. I go in and breathe deeply.

Time won't stop barrelling down on us but I can stop the moment from flying away by appreciating it for all its beauty.

What saves me from crying is the knowledge that she isn't really going anywhere.

She is growing her life and she will bring it back home twofold. New friends and their noise, dirty plates and laughter will join. New books and ideas will inspire as they are being learned by her. She may meet her life partner and the group will grow, not shrink. That is all that has ever been asked of her — keep growing. The day to day may change, but the big picture remains the same.

Daughter says:

For a while, I was thinking about graduation as just a day, a few hours before the rest of my life.

Until recently, when I realized that graduation and its status as a rite of passage has lost its grandeur. Graduation is a full stage in our lives because the series of events that lead up to it and the events that follow can define us.

To our cohorts we can be known for the post secondary school we have chosen to attend after the comfortable confines of our high school. To our neighbours who watched us grow and who trust us with their kids on date night, we can become known as a teen who speeds up the street in their parent's minivan or the kid who shovels every day for those who can't in the winter, or both. To our closest friends, nothing really changes apart from the sudden onslaught of a sense of "never enough time."

Most importantly, to our parents, we are no longer the loud morning shower music, the stray socks and boots in the hall to trip over or the slamming doors. We become "remember whens," pickers on a money orchard and fleeting moments.

The cap and gown fever may only last a few hours but our memories of this time simply can't be forgotten.

THERESA ALBERT IS A REGULAR CONTRIBUTOR TO METRO AND HER DAUGHTER, JAMESON RATCHFORD, HAS CHOSEN GUELPH UNIVERSITY TO ATTEND IN THE FALL. SNIFF/YAY!

Some Confessions of a Fairy's Daughter

Writer Alison Wearing was 12 when she learned her father was gay. She was sitting in her family kitchen in Peterborough, Ont., when her mother, who was unloading the dishwasher, broke the news to her.

It was a bombshell that had only dropped on her mother just a few months prior, when she found a love letter her husband had written to a man he was having an affair with — on their son's ninth birthday.

"My dad had been on sabbatical in Germany and he had come back and he was just sort of (acting) funny and she said he was preoccupied with this letter," the author of the newly released memoir Confessions of a Fairy's Daughter said in a recent interview.

"He was sitting outside in the backyard just writing this letter, writing frantically, and after he went out, she went and found the letter and that's how she found out."

As Confessions of a Fairy's Daughter: Growing Up with a Gay Dad explains, Wearing understands why her father had to deceive them. After all, it was 1980 and homosexuality was still taboo. Coming out could have meant he would never see his three children again.

"(Mom) would have had legal support for that position at that time, so I can understand him (thinking), 'Maybe tomorrow, or maybe next week I'll tell her. Maybe once I get back from sabbatical,'" said Wearing, who lives in Stratford, Ont.

"I can understand why that just never happened for him. He never found the right time."

Wearing writes in a poetic, humorous and heartfelt style about her now-77-year-old dad Joe, her family and herself. She changed most of the names in the book for privacy reasons.

Her mom was a marathon runner and concert pianist while her dad was a professor of political science who loved to cook, garden and conduct choirs. He was also a devoted Liberal and big fan of Pierre Trudeau, who — as Wearing touches on in the book — befriended her in the last 10 years of his life.

Wearing's parents had great respect for each other and never fought. She and her brothers felt everything was fine between them, even when their dad began spending more time away from home.

"The thing is, my dad wasn't miserable at home," said Wearing, whose first book was the travel memoir Honeymoon in Purdah: An Iranian Journey.

"We had a pretty great life. We had a lot of fun and there was a lot of love in my family. It just wasn't the traditional heterosexual kind of love."

THE CANADIAN PRESS

Alison Wearing. GEOFF ROBINS/THE CANADIAN PRESS/HANDOUT

It could be a hot stock summer ... or not

Alison on money.
Thinking about selling your stocks and getting back in the market in November?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Market timing doesn't always work out. Will this be a summer from hell? ISTOCK IMAGES

It's May, so is it time to sell and go away until St. Leger Day? That's the old stock market saying. St. Leger Day, by the way, was the last British horse racing event of the season in mid-September. Presumably, stock market traders then got back to work after betting on the ponies all summer.

On average, late spring to Halloween contains the two worst months for the stock market, September and October and the most volatile month, May.

Market timers often try to get ahead of this trend by selling out in May and getting back in before the stronger markets of November to April.

This is especially true after stocks have soared, as they have done since the sag of November 2012.

The Dow Jones and the S&P 500 have hit record highs. The Canadian market, now under 13,000, is well off its 2008 high of 15,073, but it has started to find its legs.

These numbers make investors nervous that the end is nigh. Previous busts such as the financial collapse of 2008 underscore the fact that good times don't last forever.

The trouble is, we investors tend to be lousy when it comes to market timing, seasonal or otherwise.

Who knows if this will be a summer from hell? But there is one way to protect yourself should it come to pass.

Look at your investment statement (or ask your advisor) to determine what percentage you have in equities. It has likely risen significantly over the past couple of years.

That means it's time to prune equity investments or devote new money (RRSP contributions, for example) to fixed income. The latter is much easier to do than the former.

We humans hate to sell something that is going up.

However, if you want 50 per cent in equities for your RRSP and it is now sitting at 70 per cent or more, you are exposing yourself to risk.

Remember, stock market declines usually happen too quickly for regular investing folk to react. So be proactive, even if it means missing out on a hot stock summer.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Up and down May

May has been an up month for stocks 35 times since 1950 and a down month 28 times.

If you have a strong digital presence, consider choosing an executor who is comfortable with technology. ISTOCK IMAGES

Protecting your digital footprint

What happens to your digital assets when you die?

The management of virtual estates, including online properties such as email accounts, blogs, social media accounts and other web-based services, is a new and emerging field of law.

In Canada, there are currently no specific laws related to virtual estates.

There are some consumer protection laws that could be applied.

It may seem daunting to map out your digital footprint (especially if you are a heavy e-commerce or social media user.)

A few practical questions can help you get started and ensure your online property is protected:

• Which types of digital assets do you possess?

Virtual assets can be divided into three categories: First, accounts with virtual property such as music, movies and photos; second, accounts with real currency such as online bank accounts, online payment tools, and paid music downloads or video streaming services; and third, accounts with personal information such as social media sites and online gaming accounts.

• Where are your accounts located? Create a list of all of the online accounts you hold.

• How can an executor or estate trustee access your accounts?

"It is important to save information about your virtual estate in a way that can be safely and securely passed on to an executor or estate trustee when that time comes," says Ray Leclair, vice-president of public affairs at LAWPRO.

"A lawyer can advise on strategies to manage and pass on your online properties."

When choosing an estate trustee or executor, it might be in your best interest to choose someone who is comfortable with technology — especially if you have an extensive digital presence such as a small e-business or a blog that generates income.

Be sure to provide detailed instructions for your executor on how you want these assets dealt with.

Speaking with a lawyer about your digital assets and having these items included in your will or power of attorney documents can help simplify the potentially complex and confusing transfer of your virtual estate, and also help to safeguard your digital legacy. **NEWS CANADA**

metro
GOLF GUIDE
Tuesday, May 14, 2013

Mike Weir got his professional start on the Canadian Tour, which has produced many elite golfers. The new PGA Tour Canada will host eight tournaments across the country this year. TORSTAR NEWS SERVICE FILE

The stars of tomorrow on Canadian greens

RICHARD WOODBURY
For Metro

What do golfers Mike Weir, Steve Stricker and Stuart Appleby have in common? All of them played on the Canadian Tour at one point in time. In fact, former Canadian Tour players have accounted for more than 110 victories on the PGA Tour.

Last Nov. 1, operational control of the Canadian Tour was taken over by the PGA Tour and the Canadian Tour was renamed PGA Tour Canada.

For its debut season, there will be eight tournaments spread across Canada.

"We think it's very important to be across Canada," says Jeff Monday, the president of PGA Tour Canada.

The season kicks off in early June with the Times Colonist Island Savings Open in Victoria and works its way east, going as far as Nova Scotia. The plan is to expand the tour schedule to 12 or 13 events per year.

"We would love to add another event in Atlantic Canada, be it in Newfoundland or P.E.I. or anywhere else out there to be able to play two weeks in Atlantic Canada," Monday says.

He says the tour also wants to schedule an event in Quebec.

All of the tournaments scheduled for this year have a purse of $150,000, with the winner's share being $27,000.

However, one of the biggest perks of playing successfully on the tour will be that the top five players on the money list will graduate directly to the Web.com Tour, the PGA Tour's primary developmental tour.

Also, those finishing six to 10 on the money list will get an exemption into the final stage of the Web.com Tour's qualifying school, while those finishing 11 to 20 will get an exemption into the second stage.

"We always want to reward season-long performance," says Monday, noting these features will help successful PGA Tour Canada players move on to the next level of competition.

As well, these policies will help attract better players to compete on PGA Tour Canada. The early indications are that it is working. This year's qualifying school attracted a record number of players.

"The calibre of play will certainly step up," Monday says.

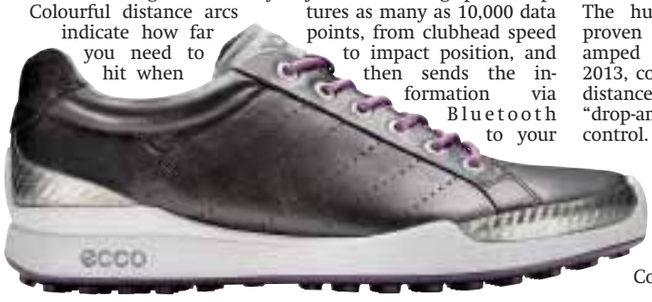
Trends. Latest equipment

Technology in the golf industry continues to evolve in such rapid fashion that the contents of a typical golf bag now resemble the tactical gear of a Navy SEAL.

The latest equipment for 2013 won't change that trend, notes Dwayne Boecker, the director of field merchandising for Golf Town. Boecker recommends seven high-tech items, in particular, that will whet a golfer's appetite, as follows:.

Garmin G6 Approach GPS
The sleek, handheld G6 (in the $300 range) includes more than 27,000 preloaded worldwide courses and an internal rechargeable battery. Colourful distance arcs indicate how far you need to hit when laying up, while touch targeting lets you touch any point on the sunlight-readable display to find the precise distance to that spot.

SkyPro Swing Analyzer
Endorsed by the Golf Channel's Michael Breed, the ultra-lightweight SkyPro (also around $250) attaches just below the grip and captures as many as 10,000 data points, from clubhead speed to impact position, and then sends the information via Bluetooth to your smartphone app. And you don't even have to push a button.



TaylorMade R1 Driver
Movable weights allow the R1 (around $450) to be tuned 168 different ways, including 12 lofts and seven face-angle settings. Improved aerodynamics reduce drag over the head for faster clubhead speed, a higher launch and lower spin.

Titleist Pro V1
The hugely popular, Tour-proven Pro V1 has been amped up even more in 2013, combining exceptional distance with soft feel and "drop-and-stop" greenside control. Sells for around $55.

Nike VRS Covert Driver
Cited as the world's first high-speed cavity-back driver, the Covert can be adjusted for lofts from 8.5 to 12.5 degrees and three face angle positions. Enhanced NexCOR face technology creates a 45 per cent larger hot zone for more distance and workability. Sells for around $340.

Adidas adizero Solid Polo
Players can make a statement in bright yellow, while the tailored fit of this moisture-wicking, mesh-ventilated, 100 per cent polyester polo (around $85) allows for an unrestricted swing. The adizero's self-collar keeps its shape wear after wear.

Ecco Biom Hybrid Shoe
Walk straight off the golf course to a night on the town with the Ecco Biom Hybrid — a spikeless shoe with more than 150 moulded traction bars for gripping power, but a casual style with a high-performance upper made of strong, lightweight, breathable and abrasion-resistant yak leather that provides maximum comfort and an anatomically shaped insole. Sells for around $240.

NEWS CANADA

Clockwise, from top left, SkyPro Swing Analyzer, Garmin G6 Approach GPS, TaylorMade R1 Driver, Titleist Pro V1, Ecco Biom Hybrid Shoe.

Tee up a budget fore your day on the links

RICHARD WOODBURY
For Metro

Before anyone can hit the links, they will need clubs, which will cost anywhere from a few hundred dollars to an amount in the thousands.

A full set of men's clubs for a current name brand product, such as TaylorMade, Callaway or Titleist, will cost around $2,000, says Scott Staub, a salesperson with Caddy Shed, a golf shop in Winnipeg. Items such as a bag and miscellaneous items like balls, tees and gloves are factored into that price.

A cheaper alternative is to get last year's product line, which is an option for most vendors. Staub says the savings could amount to around $500 or $600.

Interestingly, while the men's name brand clubs are sold à la carte, that's not the case for women's clubs.

"They are very lucky compared to the men in that there are numerous full packages for women that are fantastic for under $1,000," says Staub, adding this would include brands such as Adams, Callaway and Nike.

For people looking to get a decent set of clubs not manufactured by one of the big brands, they can walk away spending somewhere between $400 and $600. This would be a good option for someone who is new to the game and not sure if they will stick with it.

A good pair of shoes is also a wise investment and they can be purchased for around $150, although one could easily spend more than $300.

But what can people expect to pay for a membership? Well, that's highly variable. Courses in rural areas are generally significantly cheaper than ones in larger urban centres.

Phil Grosse, the manager of sport development and marketing for Golf Saskatchewan — which bills Saskatchewan as Canada's affordable golf destination — says memberships in some golf courses in rural Saskatchewan communities go for as little as $250, while in a larger locale, they may cost somewhere between $1,300 and $1,800. In fact, Grosse's father just paid $4,100 for an annual membership.

The reality is when it comes to golf, people can pretty much spend as much as they want to — and that holds true across the country.

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Getting an early start

Introduction. Program bringing golf to kids at thousands of schools across the country

The Golf in Schools program is now in place at 150 high schools in Canada. GOLF CANADA PHOTO

RICHARD WOODBURY
For Metro

For most people, the thought of gym class brings back memories of the staples, such as dodgeball, floor hockey and soccer, but golf is now being included in the curriculum at thousands of schools across the country. This is thanks to a program called Golf in Schools (GIS) that was developed by Golf Canada.

The program provides both the equipment and lesson plans needed to teach kids the fundamental movement skills and golf skills involved in playing the game.

While fair play and sportsmanship are part of most sports, golf is one that takes it a step further.

"A big part of golf is the life lessons, the social skills, behaviour, etiquette, manners — all the good life values that the game can teach, so we try to promote that through the program," says Kelly Woloshyn, GIS's co-ordinator.

She feels this element of the game is just as important as learning how to swing the club.

First introduced in 2009 at the elementary level, there are now 2,000 schools across the country participating in GIS.

"We have schools covered in every province, including the territories," Woloshyn says.

At the high school level, GIS was introduced in June 2012 and 150 schools are now participating. Schools from every province are represented, as well as one lone school in Nunavut.

The cost of the program is $475 per school at the elementary level and $795 at the high school level. Both programs include both the necessary lesson plans and equipment.

The difference in price can be attributed to the better equipment needed at the high school level. For example, the clubs at the elementary level are made of plastic, but at the high school level, they are real.

With education budgets as tight as they are nowadays, the program may be cost-prohibitive for some schools. For this reason, GIS has an adopt-a-school program where people can pay for the program.

Perhaps not surprisingly, golf clubs are a big supporter of the adopt-a-school program.

An added bonus of the adopt-a-school program is that the donation is eligible for a charitable tax receipt.

Business. Game reveals much about character

You can learn more about a person from a round of golf than from weeks and weeks of hanging out with them. THOMAS NORTHCUT/LIFESIZE/THINKSTOCK

The very mention of a few people playing golf together for the purpose of doing business can definitely generate some eye rolling, but one expert argues that it's the perfect place to do business.

"The thing that is most interesting to me about golf is you can learn more about somebody from a round of golf than from weeks and weeks of hanging out with them," says Richard Brasser, a former professional golfer who once wrote a book about conducting business on the golf course.

As every golfer knows, golf is an emotional roller-coaster that will put most of one's emotions on display in a round. Frustration, happiness and anger are a few that come to mind. From a business perspective, this gives people a good idea of how one reacts to certain situations.

"It's probably one of the best tests of character," Brasser says.

Another great thing is that because playing a round will take somewhere between four and five hours, it allows for a lot of one-on-one interaction, as opposed to a traditional meeting, which is not likely to be scheduled for that long.

To have a successful day on the links, people will need to remember that the primary motivation is having a good time.

"I can guarantee you that nobody else in the group cares about how you play and every single person will care about how you act," Brasser says.

For this reason, it's a good idea to be up front about certain things you do that are different from other players.

Perhaps just as important, there are certain things you don't want to do, one of which is gambling, even if it's for very modest amounts of money since this can create tension between the people playing.

One final word of advice Brasser offers has to do with when to talk about business. He recommends spending the front nine talking about non-business things such as family and other interests to help build and solidify the relationship. On the back nine, it's time to go for the green and talk business. RICHARD WOODBURY

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Bruins Brad Marchand, left, Patrice Bergeron and Tyler Seguin celebrate Bergeron's overtime goal on James Reimer on Monday night in Boston. The Leafs' season ended after they blew a 4-1 third-period lead. JARED WICKERHAM/GETTY IMAGES

Leafs let B's up off their knees in Boston

NHL playoffs. Bruins erase three-goal deficit to break hearts in Toronto and punch ticket to second round

Game 7

Bruins	Maple Leafs
5	4

Patrice Bergeron scored at 6:05 of overtime to complete a miraculous Boston comeback as the Bruins rallied to oust the Toronto Maple Leafs from the playoffs with a nail-biting 5-4 victory in Game 7 Monday night.

Bergeron, with his second of the night, ended it as the Bruins blitzed the Toronto goal. The Leafs could not clear the puck and the Bruins forward snapped home a shot.

Two late goals in the space of 31 seconds by Boston's Milan Lucic and Bergeron, with goalie Tuukka Rask off for the extra attacker, shockingly tied the game up at 4-4.

It had looked like two early goals by defenceman Cody Franson had been enough to propel Toronto into the next round of the playoffs. The Leafs led 4-1 midway through the third period when the Bruins started pulling rabbits out of their hat with three unanswered goals - the last two with the clock running out.

It marked the first time the Bruins have come back from a three-goal deficit in a playoff game since April 11, 1990, when they trailed the Hartford Whalers by a 5-2 score in the third period but went on to win 6-5.

"We played extremely hard for six games. That 55 minutes (in Game 7) we threw everything we had at them. It's just an extremely disappointing loss," said a muted Dion Phaneuf.

The Bruins will face the Rangers in the second round after New York shut out the Washington Capitals 5-0 in the other Game 7 Monday.

THE CANADIAN PRESS

NBA

Bulls' offence goes ice cold vs. Heat

LeBron James and the Miami Heat didn't even give the Chicago Bulls room to breathe, practically squeezing the playoff life out of them to take a commanding lead in their Eastern Conference semifinal.

Another effort like this will seal it.

James scored 27 points and the Heat nearly matched a franchise record for fewest points allowed in a playoff game, pounding the listless and short-handed Bulls 88-65 on Monday night to take a 3-1 lead in the series.

"We worked for it," said Heat forward Chris Bosh. "I never like to say that things are easy."

The Heat sure made it look that way, though.

The 65 points allowed were only two more than the all-time post-season low for a Miami opponent, and it was easily the worst offensive performance by a Chicago team in the playoffs. THE ASSOCIATED PRESS

NHL

Finalists for GM of the year announced

Marc Bergevin of the Montreal Canadiens, Bob Murray of the Anaheim Ducks and Ray Shero of the Pittsburgh Penguins were named Monday as first-time finalists to be the NHL's general manager of the year.

Voting for the award was conducted among the league's 30 GMs and a panel of NHL executives, print and broadcast media. The winner will be announced during the Stanley Cup finals. THE ASSOCIATED PRESS

Canada caps prelims with narrow win

Steven Stamkos scores Monday's winning goal against Slovenia. JACQUES BOISSINOT/THE ASSOCIATED PRESS

A lapse of concentration in their most recent game aside, the Canadians have melded into a contending team at the IIHF World Championship on little preparation.

Canada heads into Thursday's quarter-final game with firepower on offence, an improving blue-line and goaltending capable of getting wins.

The quarter-final has been Canada's stumbling block in this tournament with losses in the last three consecutive years.

"We realize that," forward Steven Stamkos said. "The last three years, I think, have been early exits and it's not going to get any easier."

Canada awaits the conclusion of the preliminary round Tuesday to confirm its quarter-final opponent. Montreal Canadiens defenceman P.K. Subban was added to the team Monday and will play in the quarter-final.

A 4-3 overtime win over relegated Slovenia on Monday gave Canada 18 points from five wins, an overtime win and a shootout loss in the round robin.

Unbeaten Switzerland was one point back with a game in hand. The Swiss need just a point Tuesday against Belarus to secure first place.

In Monday's victory, Canada was down 2-0 before Matt Duchene and Stamkos pulled Canada even.

Stamkos then scored his second goal of the game on a breakaway in overtime.

THE CANADIAN PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Someone is trying to get one over on you and you have every right to be annoyed, but is it worth it? There is no way they are going to succeed at cheating you so ignore them.

♉ Taurus
April 21 - May 21
There is no point blaming yourself because a project went wrong. There were so many people involved and so many factors at work that no one person was truly to blame.

♊ Gemini
May 22 - June 21
You need to pace yourself carefully now because the planets warn you are not as robust health-wise as you seem to believe. Even a go-getting Gemini needs a bit of down time occasionally.

♋ Cancer
June 22 - July 23
Whatever your highest ideal happens to be, that is what you should now be aiming for. Of course, you won't reach your goal immediately but you'll be heading in the right direction – and that's what matters.

♌ Leo
July 24 - Aug. 23
You are finding it hard to focus on one specific thing — your mind is all over the place. That's OK. There is no point trying to force your thoughts in directions they clearly don't want to go. Take the hint.

♍ Virgo
Aug. 24 - Sept. 23
If a particular method works for you then stick with it. Others may say it's old-fashioned, but so what? The more critical they are, the more you suspect it's the right choice.

♎ Libra
Sept. 24 - Oct. 23
Let your imagination roam wherever it pleases today, even if it takes you to places you may have been deliberately avoiding in recent weeks. As is so often the case, what you fear the most is unlikely to happen.

♏ Scorpio
Oct. 24 - Nov. 22
You may end up spending a large chunk of the day dealing with someone else's problem but don't think of it as time wasted. What you do for them now will be done for you later.

♐ Sagittarius
Nov. 23 - Dec. 21
Some things can be done on the spur of the moment and some things can be left until the very last minute but what you do today will require a bit more planning. Others won't do it for you, so get on with it.

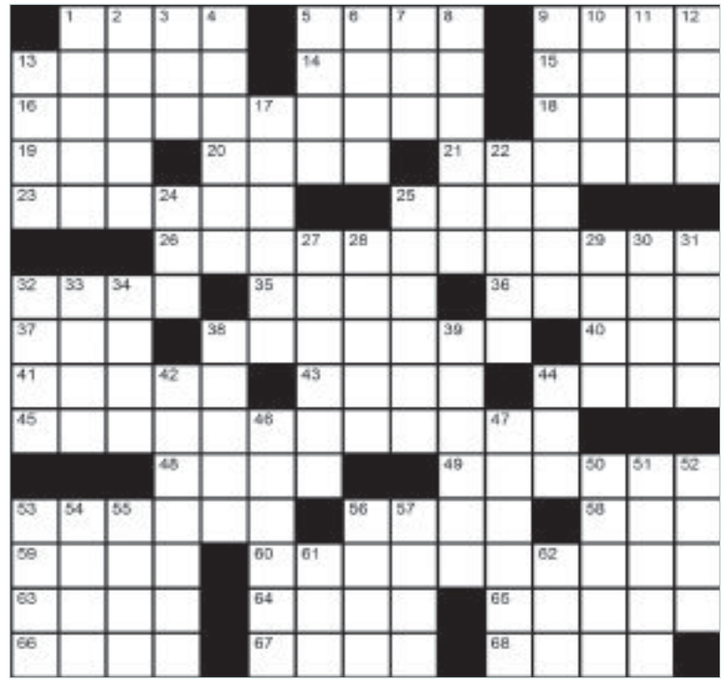
♑ Capricorn
Dec. 22 - Jan. 20
You know from experience there is no point shouting or making threats. If you want something done today, you will have to do it yourself or offer something valuable in return. So, do it yourself then.

♒ Aquarius
Jan. 21 - Feb. 19
Listen carefully to what a friend tells you today, even if you have heard it many times before. They may just have the key to a problem that has been annoying you for some time.

♓ Pisces
Feb. 20 - March 20
It's not wrong to be suspicious but it is wrong to take it to unreasonable levels. Rest assured that what you hear today is in no way designed to deceive you. **SALLY BROMPTON**

Crossword: Canada Across and Down

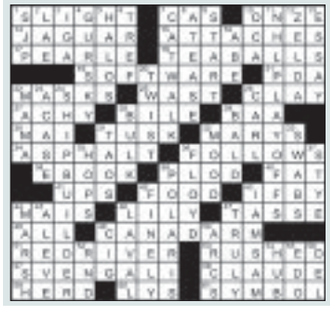
BY KELLY ANN BUCHANAN



Across
1. Swedish auto
5. "The World According to __" (1982)
9. Mr. Nova (Canadian singer/guitarist)
13. Hubba __ (Gum)
14. Duo plus one
15. "The Ghost & Mrs. __" (Old sitcom)
16. Valley of the Kings discoveries in Egypt: 2 wds.
18. Drug deal buster, for short
19. Pre-lunch hrs.
20. Occupied
21. Magnifying glass user
23. '70s night spots
25. Parisian positives
26. Arrest proof from a police car: 3 wds.
32. WWW code
35. Norse navigator Mr. Ericsson
36. Locomotive tracks
37. Hawaii's __ Beach
38. Poet of the Yukon, Robert __
40. Rich dollar amt.
41. Lisa of "The Cosby Show"
43. Fermented soybean paste
44. ____ other (Without equals)
45. Winnipeg-born songwriter/singer/guitarist: 2 wds.
48. Actress, Lena __
49. '70s sitcom family, The __
53. Locales
56. Achievement
58. "Sheila": 1962 hit for Tommy __
59. "__-__-Di..." (Beatles song title bit)
60. What a doctor provides: 2 wds.
63. Eye droplet
64. City of Russia
65. Recommended strongly
66. Inputted info [abbr.]
67. Places
68. "Friends" friend

Down
1. Finland, as Finns call it
2. Bottomless pit
3. Camel hair garment
4. Movie boxer Rocky's surname
5. Vintage muscle cars
6. Canadian __ (Military force)
7. One bone
8. Play __ (Feign death or sleep)
9. Memory loss
10. Lei-wearer's party
11. David Spade's "Joe __"
12. Philharmonic gr.
13. Mr. Pitt
17. Fight
22. Book, in a Quebec library
24. Gladiator's 450
25. Klutzy
27. Lily Munster's beloved
28. __ centre
29. Softens the lights
30. Tiger Woods' ex-wife
31. Nobel Peace Prize city
32. Official lang. of Israel
33. ___ day (Train-catching frequency, often)
34. British Invasion group, Manfred __
38. Fashion sense
39. __ boots
42. L'île-du-Prince-__ (PEI)
44. NHL's Ducks, on scoreboards
46. Billy __ (Canadian flying ace of WWI)
47. Medieval king of legend
50. Burdens
51. Past times
52. Plant's beginning
53. X-mark a ballot
54. Mr. Scrooge, to pals
55. _. __. (Line above the equator)
56. Quick
57. Banff National Park animals
61. Land Down Under bird
62. Olympics abbr. for Zagreb's land

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		4	2		7		8	
1		2	3	8		9		
	5						3	6
4			7		2		6	8
	7			5			1	
6	2		4		3			9
2	8						9	
		9		7	6	8		4
	4		8		9	6		

Yesterday's Sudoku

5	6	7	4	9	1	2	3	8
4	2	8	3	5	6	7	1	9
3	9	1	8	2	7	6	4	5
8	5	9	1	3	2	4	7	6
2	7	4	5	6	8	1	9	3
6	1	3	9	7	4	5	8	2
1	8	6	2	4	9	3	5	7
9	3	2	7	1	5	8	6	4
7	4	5	6	8	3	9	2	1

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